



Chicken Broccoli Alfredo

READY IN



35 min.

SERVINGS



4

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 package cooked fettuccine cooked according to directions
- 1 cups broccoli fresh hot cooked chopped
- 0.5 cup butter (1 stick)
- 1 clove garlic minced
- 2 cups cup heavy whipping cream
- 0.1 teaspoon garlic powder
- 0.1 teaspoon pepper black
- 0.3 cup parmesan cheese freshly grated
- 2 chicken breast strips/pre-cooked/chopped diced cooked

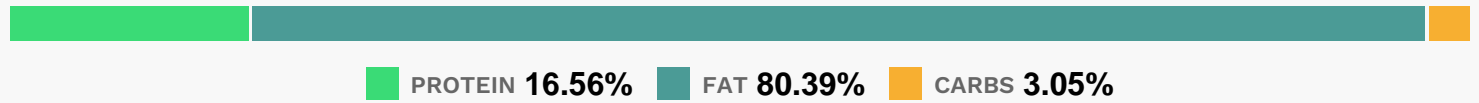
Equipment

sauce pan

Directions

- Cook fettuccine according to package directions adding broccoli last 3 minutes, drain. Set aside.
- Meanwhile, melt butter in medium saucepan over medium heat.
- Add minced garlic with the butter.
- Add cream, garlic powder, and pepper.
- Simmer, uncovered, for 10 to 12 minutes or until thick, stirring frequently. Trust me, it will thicken. When sauce has reached desired consistency, stir in Parmesan cheese.
- Add cooked chicken to Alfredo sauce and heat through.
- Serve over hot, cooked fettuccine and broccoli.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:0.4, Inflammation Score:-9, Nutrition Score:18.534782554792%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 785.67kcal (39.28%), Fat: 70.88g (109.05%), Saturated Fat: 43.82g (273.87%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.44g (1.98%), Sugar: 3.88g (4.31%), Cholesterol: 274.09mg (91.36%), Sodium: 395.07mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.85g (65.7%), Vitamin B3: 12.03mg (60.17%), Vitamin A: 2668.04IU (53.36%), Selenium: 30.52µg (43.6%), Phosphorus: 327.88mg (32.79%), Vitamin B6: 0.61mg (30.66%), Vitamin K: 28.71µg (27.35%), Vitamin C: 20.57mg (24.94%), Vitamin B2: 0.38mg (22.34%), Calcium: 165.58mg (16.56%), Vitamin E: 2.19mg (14.61%), Vitamin D: 2.02µg (13.48%), Vitamin B5: 1.32mg (13.18%), Potassium: 426.09mg (12.17%), Zinc: 1.55mg (10.31%), Magnesium: 41.06mg (10.27%), Vitamin B12: 0.62µg (10.26%),

Vitamin B1: 0.1mg (6.99%), Iron: 1.23mg (6.85%), Folate: 23.38µg (5.85%), Manganese: 0.09mg (4.48%), Copper: 0.07mg (3.62%), Fiber: 0.62g (2.46%)